



IDENTIFYING DATA

(*)Exercicio terapéutico en patoloxías relacionadas coa saúde mental

Subject	(*)Exercicio terapéutico en patoloxías relacionadas coa saúde mental			
Code	P05M191V01206			
Study programme	Máster Universitario en Exercicio terapéutico en fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	3	Optional	1st	2nd
Teaching language				
Department				
Coordinator	Abalo Núñez, María del Rocío			
Lecturers	Muñoz-Cruzado Barba, Miguel			
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General description	This subject has like aim the employment of the therapeutic exercise in people with mental disorders to *diminish his **siontomatoloxía and improve his quality of life.			

Skills

Code	
A1	Possess and understand knowledge that provides a foundation or opportunity to be original in the development and/or application of ideas, often in a research context.
A2	That the students know how to apply the knowledge acquired and their ability to solve problems in new or little-known environments within broader (or multidisciplinary) contexts related to their area of study.
B1	Know how to work in teams that are structured in a uni or multidisciplinary and interdisciplinary way as a professional specialized in Therapeutic Exercise in Physiotherapy.
C4	Analyze, program and apply movement as a therapeutic measure, promoting the participation of the patient/user in the process.
C6	Ability to solve problems in new and imprecisely defined environments to identify the most appropriate treatment based on therapeutic exercise in the different processes of alteration, prevention and health promotion, as well as integration with other professionals for the benefit of health of the patient/user.
C11	Adapt therapeutic exercise sessions based on the characteristics of the patient, the pathology and the environment.
C12	Apply a protocol for measuring the functional capacity of patients based on their characteristics, as well as the pathology in the different areas of specialization.
D5	Recognition of diversity and multiculturalism.
D6	Creativity, entrepreneurial spirit and adaptation to new situations.
D7	Develop leadership and organization skills.
D8	Maintain an attitude of learning and improvement.

Learning outcomes

Expected results from this subject	Training and Learning Results
Know in which situations of mental alteration the physiotherapist can take part.	A2 C6 D5 D6 D8

Contents

Topic

Introduction to the physiotherapy in the mental health. -

Physiotherapy interventions in mental health -

Pathologies but frequent and his handle by means of therapeutic exercise -

Planning

	Class hours	Hours outside the classroom	Total hours
Introductory activities	1	0	1
Lecturing	3	11	14
Laboratory practical	13	21	34
Mentored work	4	19	23
Simulation or Role Playing	1	0	1
Presentation	2	0	2

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Introductory activities	Activity directed the presentation of the subject as well as gather information of the students
Lecturing	Exhibition of the contents by part of the educational. Theoretical classes-participatory where boost the active participation of the students employing a forum of discussion and with activities directed to the resolution of problems
Laboratory practical	Demonstration by part of the lecturer of the technicians that the students will make by couples with the supervisionl. Also they will do studies of cases and resolution of problems.
Mentored work	Proposal of a clinical case/s in which, following the guidelines of clinical reasoning, the plot is reached by applying the therapeutic exercise

Personalized assistance

Methodologies	Description
Introductory activities	The personalised attention will be centred in the resolution of doubts that can have the students in relation to organisation of the subject
Lecturing	Personalised attention will be centred in the resolution of doubts that can have the students in relation with the subject through tutorship face-to-face, email and/or remote campus.
Laboratory practical	The personalised attention will be centred in the resolution of doubts that can have the students in relation to the practical contents of collective or/individual way of face-to-face way or through the remote campus
Mentored work	The personalised attention will be centred in the resolution of doubts that can have the students in the realisation of the work

Assessment

	Description	Qualification	Training and Learning Results			
Mentored work		50	A1 A2	B1	C11 C12	D6 D7 D8
Simulation or Role Playing		30	A2	B1	C4 C6 C11 C12	D5
Presentation		20	A1 A2	B1	C11 C12	D6 D7 D8

Other comments on the Evaluation

Sources of information

Basic Bibliography

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Complementary Bibliography

Probst, M, **Physiotherapy in Mental Health and Psychiatry**, 9780702072680, Elsevier, 2017

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Recommendations
